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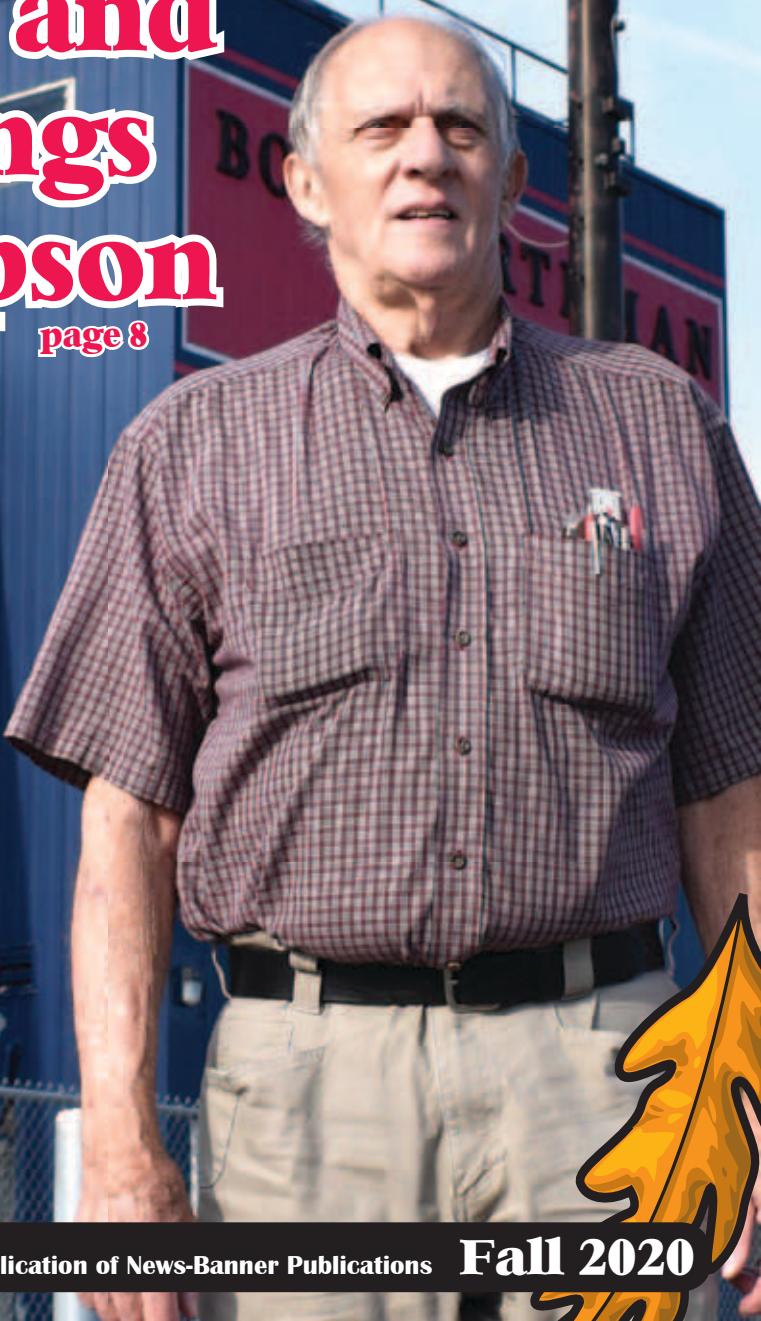
Senior Living

A new season, and
new beginnings
for Dick Stimpson

page 8

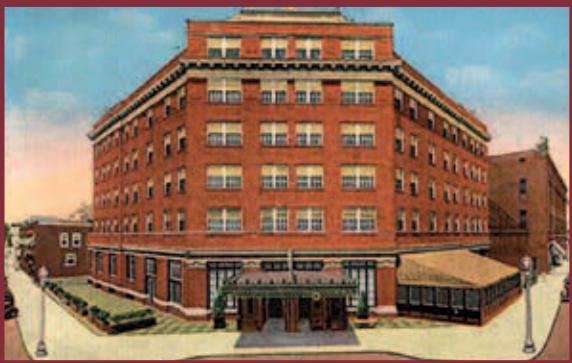
'Thanks,
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Classic Car Corner, page 10





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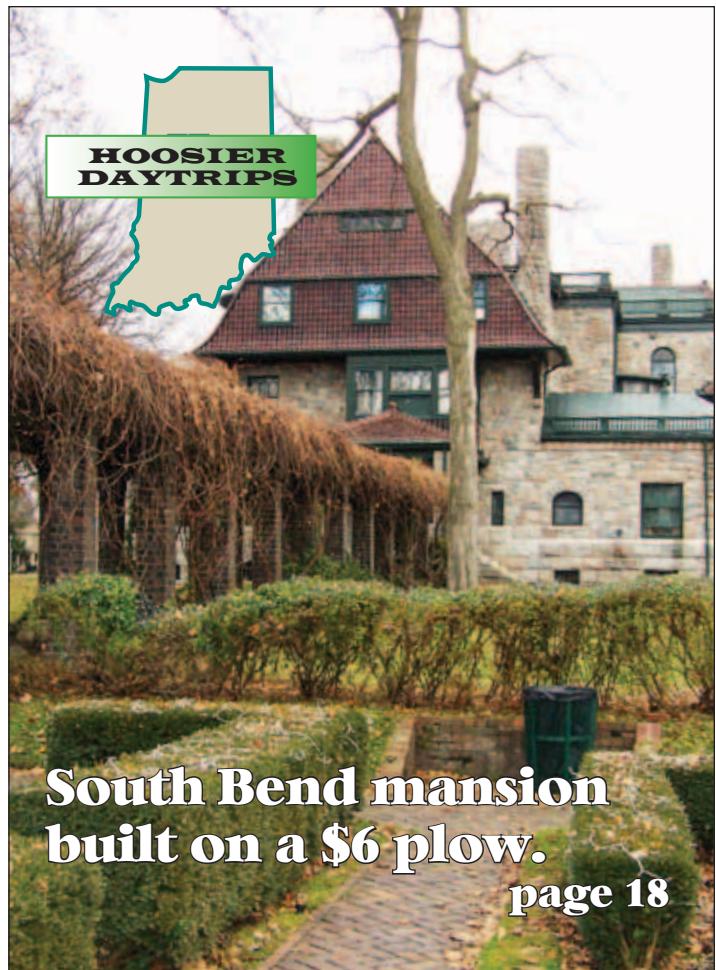
Fall 2020

What's Inside

Swiss Days legendary runners	3
Vacation day-dreaming	4
On the trail of ice cream	6
New beginnings for Dick Stimpson.....	8
Classic Car Corner: 'Thanks, Dad'	10
A very sweet collection.....	14
The Healthy Geezer's ticker.....	16
Oliver Mansion opulence.....	18
Ice cream and kayaks	20
Long term care answers.....	24
Fall recipe favorites	30

Senior Living is a quarterly publication of News-Banner Publications, 125 N. Johnson St., Bluffton IN 46714. Have a story idea? Send it via mail to above address or email: seniorliving@adamswells.com.

Watch for our Winter edition
in early December



**South Bend mansion
built on a \$6 plow.**

page 18



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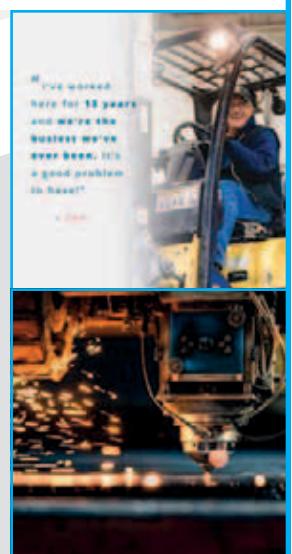
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Swiss Days runners won't be denied

*Friendly rivals preserve
47-year tradition
despite pandemic*

BY TANYA ISCH CAYLOR

In 1974, when 15 runners lined up for the very first Swiss Days Race in Berne, a pair of rival cross country coaches toed the starting line.

Doug Bauman, the 27-year-old Bellmont coach, ran the 3-mile course in 17:05 to win his age group. Adams Central coach Barry Humble, then 26, placed third.

Bauman beat Humble again the next year, and the year after that. The race became an annual ritual for both men. But it wasn't until 2016 that Humble, then 68, finally defeated Bauman for the first time in 43 attempts.

And even then, the retired teacher and pastor conceded, "it was only because Doug was damaged."

These days Humble's the healthier of the two, and he entered 2020 with a one-year win streak over his friend and former rival.

"I'm 2-46," he grinned early one Saturday in late July as he waited for Bauman to show up for what he mistakenly thought was their 49th matchup. Though Bauman, the longtime Adams County commissioner, rarely runs anymore due to recurring back problems, both men had committed to a goal of running the Swiss Days Race 50 years in a row.

The only problem was that this year's race, along with Swiss Days itself, got canceled due to the coronavirus pandemic. So Humble contacted Bauman and a couple of other race old-timers about setting up an informal contest.

"I thought we had four or five hundred people signed up!" Bauman boomed from half a block away as he hobbled to the nearly deserted street corner where



After competing against each other for 46 consecutive years in the Swiss Days Race, Doug Bauman and Barry Humble decided to run this year's informal version together, allowing race co-founder Jack Shoaf to set the pace. Finishing together on July 25 were, left to right with hands clasped: Floyd Liechty, Rick Sprunger, Shoaf, Bauman and Humble.

(Photo by Tanya Isch Caylor)

Humble waited the morning of July 25, when Swiss Days would normally have been underway.

"There were just too many memories," Humble said as he reached out and defied CDC recommendations by shaking hands with his former nemesis. "We just couldn't let this go."

Longtime race sponsor First Bank of Berne had hastily printed up a handful of T-shirts after CEO Kent Liechty, who's participated many years himself, heard what was happening. Liechty, who was among 11 runners who showed up for this year's race, apologized to the others that he didn't have enough shirts for everyone.

He noted he took one the previous evening to the funeral home in honor of longtime race volunteer and former South Adams cross country coach Gene Grogg, whose funeral, fittingly, was scheduled for later that afternoon on what would have traditionally been race day.

Humble, the former pastor of Boehmer United Methodist Church near Liberty Center in Wells County, thanked those who came, paying special tribute to race co-founders Jack Shoaf and Charles Isch, both of whom showed up despite battling health issues.

Shoaf, who has Parkinson's, has traditionally led the lead runners on a moped. But this year the 75-year-old intended to run.

Isch, who'd been in Texas for cancer treatment and returned just in time for the coronavirus lockdown, had been

isolating at home for months. With his mask on, his old friends hadn't even recognized the slow-moving 77-year-old when he appeared that morning, carrying the whistle he traditionally uses to start the race.

"Jack, whatever pace you run, that's what we're going to run," Humble said. "Doug and Jack and I are going to run it together. The rest of you can go off and try to set records if you want to."

Humble paused. "And to have Charlie here ... well, it's pretty special," he said, choking up for a moment before asking the others to join him in prayer.

The group moved to the starting line, where Bauman jokingly struck a pose of a sprinter at the ready. Isch blew his whistle, and the race began.

Ben Wheeler, a South Adams Class of '99 hurdler now living in Nebraska who was home for his mother's funeral, took the early lead. Liechty also chose a faster pace, as did Roger Tulles, whom Humble once coached at Adams Central but is now a senior citizen himself.

"We hope we're not abusing the term 'jogging,'" Humble joked as his group made the turn at the 1-mile mark.

No one had thought to start a timer, but perhaps it was for the best. Finally, about 45 minutes after the start, Bauman, Humble and Shoaf, along with a couple of other longtime runners, approached the finish line with hands joined and raised in triumph.

It wasn't until afterward that Shoaf corrected Humble: this was the 47th

Continued on page 5

Can't travel? Here's how people are dreaming about their next vacation

BY CHRISTOPHER ELLIOTT

So where are you going next? It's OK to dream about your next vacation if you can't travel. You're in good company.

Rob Hall is here. He skipped his family cruise to Italy this summer but is optimistic that the worst of the COVID-19 outbreak will be over by fall. He's planning to fly to Maui for a few days in October — at least that's his dream.

"We so badly need to get away," says Hall, a retired financial services manager from Walnut Creek, California.

He's not the only one. A survey of travelers by Qtrip finds plenty of pent-up demand for travel. A surprising 40 percent of respondents are planning to travel this summer. Another 23 percent are waiting until the fall or winter, and 7 percent are holding off until spring. (And the remaining 30 percent say they don't have a clue when they'll travel again.)

"We were surprised to see how many people were undaunted and planning to get out there right away," says Qtrip CEO Jeff Klee.

This is uncharted territory for travelers. But these future trips are different from the ones we used to take. Our travel dreams are bigger and richer. We're also buying travel insurance and relying on the continued flexibility of airlines, hotels and other travel suppliers if we want to make schedule changes.

They're dreaming bigger

What happens when you sit around and think about travel all day? You make big plans. According to Virtuoso, a network of travel advisers, the top dream destinations for its users since April are South Africa, Italy and Australia.

Julie Kandalec just booked an "epic" adventure next year with her father and brother: a February cruise to the Ant-



On Travel

arctic. She figures the rates would never be better, and that it will be the safest possible vacation.

"The ship is small and won't be filled to capacity," says Kandalec, an expert on nail art who lives in New York. "It's 100 crew and 200 guests maximum, so that's key."

Travelers are not thinking small this summer. When it comes to future trips, they're spending a lot more. The average domestic trip cost has increased by 18 percent, to \$3,587, according to the travel insurance site Squaremouth.com. And the average international trip cost has grown even more — by 24 percent — for an average trip cost of \$4,588.

Make sure you have insurance

Another thing that's different this year: travel insurance. A new survey by NerdWallet says 45 percent of travelers are likely to purchase travel insurance for future leisure trips after COVID-19, more than twice as many as before the pandemic. And travelers aren't buying

The top 10 dream destinations

According to Virtuoso Wanderlist, a new online trip planning tool, here are the most dreamed-about destinations of 2020. The destinations are based on Wanderlist trips users have been compiling under their profiles since April.

- | | |
|-----------------|-------------------|
| 1. South Africa | 6. United Kingdom |
| 2. Italy | 7. Greece |
| 3. Australia | 8. Argentina |
| 4. France | 9. Kenya |
| 5. Japan | 10. Botswana |

the cheapest travel insurance — they're going for the pricey cancel-for-any-reason policies, which allow them to call off their trip and receive a partial refund.

Doreen Welsh, a high school guidance counselor, is among them. She plans

Continued on page 28

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Swiss Days Race co-founder Charles Isch, facing the camera, couldn't resist getting in on this year's informal version which took place July 25 thanks to the efforts of, left to right, longtime participant Barry Humble, race co-founder Jack Shoaf and longtime participant Doug Bauman. **Additional photo on page 27.** (Photo by Bob Taylor)

Continued from page 3

running of the Swiss Days Race, not the 49th. Bauman and Humble will need to keep running through 2023 to make it to the 50-year mark.

That means Humble is now 2-44-1 against Bauman. But their streak re-

mains intact, and in the end that's all that matters.

"In the final analysis, it's all about finishing," Humble is fond of saying. Mission accomplished.

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Southern Indiana's ice cream trail serves up treats, towns

BY CAROL JOHNSON

The Times-Mail

BEDFORD — Double dips, triple scoops, twirly cones and root beer floats.

The Discover Southern Indiana Ice Cream Trail is giving ice cream lovers with a wanderlust spirit a taste of southern Indiana towns that are off the beaten path.

Launched July 4, the trail is an invitation to sample ice cream at 14 different shops and restaurants in eight counties. The trail covers about 250 miles, taking participants from Jiffy Treet in Bedford and the Dairy Bell in Mitchell to the Super Burger in Paoli, the Happy Hive in Marengo, Yoho General Store in Solsberry and several more stops.

Participants take an Ice Cream Trail passport with them and get it stamped each time they make a purchase at one of the participating businesses. A free T-shirt is the reward for turning in the completed passport.

Blaine Parker, director of tourism and quality of place for Radius Indiana, developed the idea for the trail. Initially, expectations were modest. But in these current times, when people are urged to stay close to home, the Ice Cream Trail is the perfect escape. To date, 32 people have completed the trail and judging by how quickly ice cream shops are running out of passports, dozens more are working on the trail.

"Honestly, we thought 50 people total would do it, so to have 32 already is blowing our expectations," Parker said.

Jim Sowders of Bedford and his grandson K.J. Mack, 11, have spent the past few weeks on the trail. They were drawn to the concept because "we both love ice cream," Sowders said.

They've turned the trail into a series of day trips, picking out something to do or some place to visit at each destination.

"That's what's great about the trail. In most of the places, there is something else you can do that's close by,"

Sowders said. "On the way to French Lick, we went to Bluespring Caverns. We went to Bo Mac's in Shoals and stopped to look at the Jug Rock. We went to Yoho's and it's close to the Tulip Trestle so we went there and took pictures."

A trip to Marengo Cave was a natural after the two stopped at the Busy Bee for ice cream in Marengo.

Sowders said he and K.J. have enjoyed exploring southern Indiana.

"K.J. loved Bluesprings and Marengo Cave," he said.

For the countless times

Sowders said he had driven through Shoals, he had never stopped to look at the geological feature known as the Jug Rock. Venturing to the Yoho General Store in Solsberry naturally led them to

Continued on page 27



Jim Sowders, right, of Bedford, and his grandson K.J. Mack are exploring southern Indiana towns while completing the Discover Southern Indiana Ice Cream Trail. The trail invites participants to visit 14 ice cream shops and restaurants in eight counties. (Courtesy photo)

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If you go ...

What: Discover Southern Indiana Ice Cream Trail covers eight counties with visits to 14 ice cream shops. Visit all 14 to complete your passport to receive a free T-shirt.

How to begin: Passports are available at each of the stops on the trail and tourism and visitor centers in southern Indiana. To download and print a passport and trail map, go to discover-southern-indiana.com/icecreamtrail. Lawrence County: Pick up a passport at Bedford Jiffy Treet on 16th Street, at Travel One in downtown Bedford, Dairy Bell on State Road 60 in Mitchell, or the Lawrence County Tourism office on Main Street in Mitchell. Trail stops:

- Jiffy Treet - Linton
- Yoho General Store - Solsberry
- Let It Snow Creamery - Odon
- Bo Mac's Drive-In - Shoals
- Zax Creamery - Jasper
- Windmill Chill - Holland
- The Happy Hive - Marengo
- Stephenson's General Store - Leavenworth
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Building a Reputation...not Resting on One

New beginnings

Veteran sportscaster Dick Stimpson begins his 56th season of covering games at a new venue, and with a new partner

BY BOB CAYLOR

Few players can stay in the game the way Dick Stimpson has. He's ready for his 56th season of narrating high school football and basketball games for listeners in Adams and Wells counties. In fact, he might be more ready for action than high school teams that run the risk of being sidelined if COVID-19 shows up in their schools.

And he's still at it with the day job he's held for decades, too — selling advertising.

Cover Story

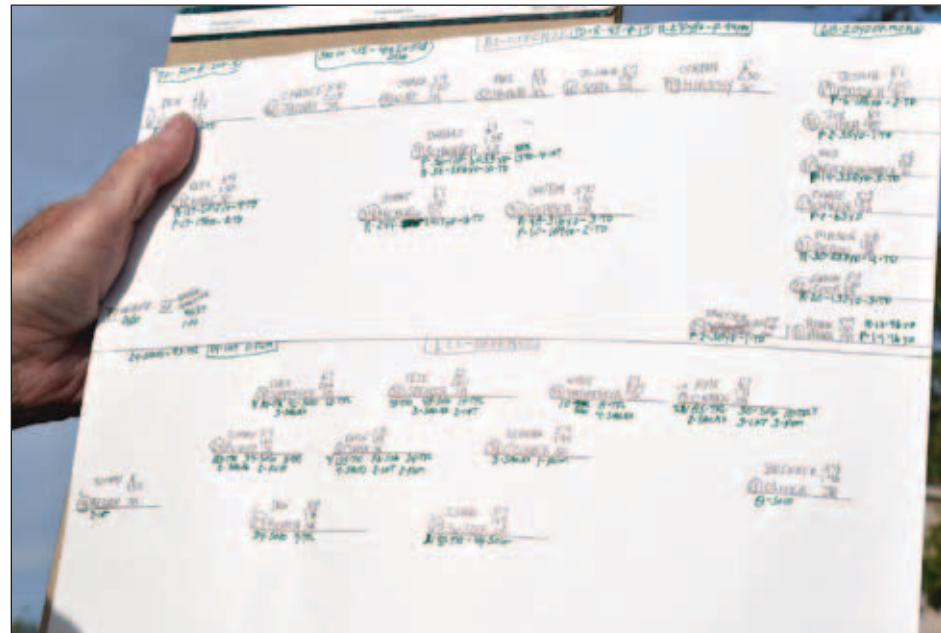
It doesn't really occur to him to slack off. "I'm 81. I'm in good shape. I'm in good health. Why sit around all day on a computer?" Stimpson said. Retirement has simply never been a consideration.

Stimpson is undoubtedly best known as a sportscaster. It's a job he talked his way into, with no previous experience behind a mic, only a few years after he arrived in the area.

Stimpson grew up in Abington, Massachusetts, a small city about 15 miles south of Boston. Stimpson, who was about 6 feet, 4 inches tall and 175 pounds in those days, had been a tight end and kicker on the state championship football team in high school and captain of its basketball team.

When he graduated from high school in 1957, he said, he was offered college scholarships, but he "joined the Air Force straight out of high school." He wanted a change of setting. "I didn't get along with my father, so I decided to leave."

He met his future wife, Norma Heimann, who was from Decatur, while he was stationed in California. He was at McClellan Air Force Base, near Sacramento. In the Air Force, he was in communications, which in those days meant operating teletypes. Norma was in California because she had a friend who had moved there and invited her to



One of the lessons Dick Stimpson picked up from Hilliard Gates in 1964 was this: Make a spotter board for every game. A spotter board is a beefed-up roster, packed with information on the players and their records. This board is from Adams Central's semi-state game against Lafayette Central Catholic last year.. (Photos by Bob Caylors)

come and visit. Norma liked what she saw and decided to spend some time there. She got a job in a bank and met Stimpson at a dance she attended with friends. "We danced all night. Three months later, we got married," he remembered.

When he left the Air Force in 1959, he and his wife moved back to her hometown. He found Decatur a good fit.

"Everybody was friendly. I liked the people," Stimpson said.

His first job after he and Norma moved to Decatur was as a lineman for Citizens Telephone Co. He later became a salesman at a furniture store in Decatur. It was there that he learned about an opening in ad sales at the Berne Witness newspaper. He's continued in ad sales most of the years since — first at the Berne newspaper, then at the Decatur Daily Democrat, then at radio station WNUY in Bluffton, and finally back to the Berne newspaper again.

About the same time he began selling

advertising, he found a niche in broadcasting where he's made a home ever since.

In 1964, he was listening to a football game on radio station WADM in Decatur. That little station had only a daytime broadcast license at that time, so there was no opening to broadcast high school football games live. But here's how hungry Adams County fans were for game coverage. WADM recorded play-by-play on Friday nights and broadcast it the next morning. Stimpson caught one of those broadcasts. He thought, "This guy must never have played the game." He thought he could do better. He wrote a letter to the station's general manager and offered to provide better play-by-play.

He'd never broadcast anything. But he had done plenty of talking, and he liked sports. The manager offered him this try-out: Pick a game. Broadcast the second half.

That was enough to land him his first



As his 56th season of broadcasting and webcasting local games begins, Dick Stimpson will make Bellmont his sports-coverage base.

job in sportscasting. It paid \$12 per game. The same year he started calling games, he got an unforgettable boost in the craft from a man who was already an acknowledged master: Hilliard Gates, one of Indiana's most accomplished sports broadcasters.

He got a message to call Gates, who told him he'd caught one of Stimpson's first broadcasts. Gates told him it wasn't bad, but asked Stimpson if he'd mind getting a few tips on how to do better. Stimpson eagerly accepted. Gates rattled off advice that helped Stimpson immediately and has shaped his broadcasting ever since.

"Just tell people what you see," Stimpson remembers Gates telling him. "Don't put in your own opinions about players or officials. Try not to be partial. Do your homework."

"That's Hilliard Gates — he was a great man," Stimpson said. "I'm sure he helped a lot of other people, too."

After the sale of WADM, Stimpson moved to WNUY in Bluffton in 1992. Twenty years later, WNUY changed hands and moved to Fort Wayne. Stimpson has moved on technologically, too, doing game webcasts. For about a decade, Adams Central has been his broadcasting home base, but this year, he's making Bellmont his broadcasting home.

After narrating games in Adams and Wells counties for decades, he knows their people and their sports like few

others. He was honored with an IHSAA Media Service Award in 2006.

He's come to love selling advertising as much as a good game, too. Now working for the Berne Witness, — the games he covers are now webcast on their website — he makes regular sales calls in both counties. He sets his own hours and works around other activities, and it provides him with an enjoyable social routine.

Without his work in advertising, "I'd miss people I call on all the time."

But immersing himself in sales and

sportscasting hasn't filled an unprecedented emptiness in his life. In 2017, his wife Norma died, more than 58 years after they married.

"I've been pretty lonesome the last 3½ years," Stimpson said, but he's finding solace in new love now.

"I met a gal on eHarmony," he said. "I'm getting married Oct. 31." After that, he said, Carolyn Kay Hinshaw, who now lives in Portland, plans to join him at his home in Decatur.

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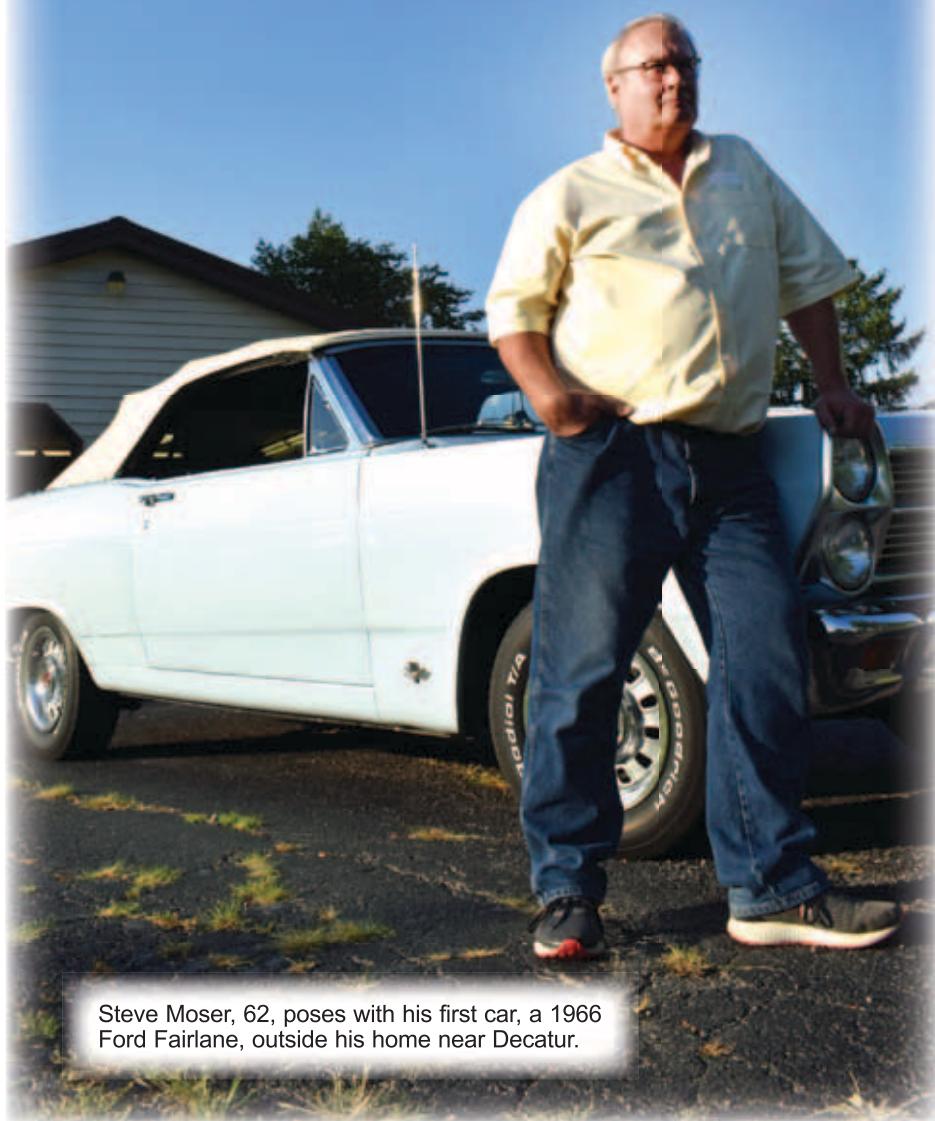
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'Don't ever sell your first car.'



Steve Moser, 62, poses with his first car, a 1966 Ford Fairlane, outside his home near Decatur.

P.S. Thanks, Dad.

BY BOB CAYLOR

Rolling up and down through four gears, cruising toward sunset along empty country roads around Decatur, Steve Moser is wrapped in a story. It looks just like a 1966 Ford Fairlane, with its white top lowered and stowed behind the back seat. But there's more than an old Ford there. That car's entwined with three-fourths of his life and with the memories of the father who pounded the wrecked coupe back into shape in time for Moser's 16th birthday in 1974.

Classic Car Corner

Today that car is an eye-catcher. But when the Fairlane came to him on his birthday, young Moser was disappointed. It's a convertible, not the hardtop he wanted. It was a Ford. "And look at that color," he thought. The car's body is that shade of baby blue that Ford seemed to love from the late 1950s through the mid-1960s. That same shade shows up on T-birds, Mustangs, Falcons, Galaxie 500s, F-100 pickups, even Econoline vans. Forty-six years ago, Moser thought the total effect was, "It's a girl's car."

The real problem, he says now, was that he desperately wanted a Camaro. But, sure, he drove it, grudgingly. "I hated the car. It was too cold in winter. It was too hot in summer."

Before long, he moved into another car, then another. But his dad never let him sell the 1966 Ford. His dad, Don, who worked part-time at Bun Meyer Body Shop in Decatur for 20 years, had invested his time in bringing the old car back from totaled after a previous owner ran into a bridge and tore the side off the car. And he saw something special about first cars, too. Every time the younger Moser raised the possibility of selling it, his dad told him, "Never sell your first car. You'll regret it."

For years — for decades, in fact — the Fairlane was shuttled around from one



His son's baby shoes and his father's compass hang from the review mirror of Steve Moser's 1966 Ford Fairlane.

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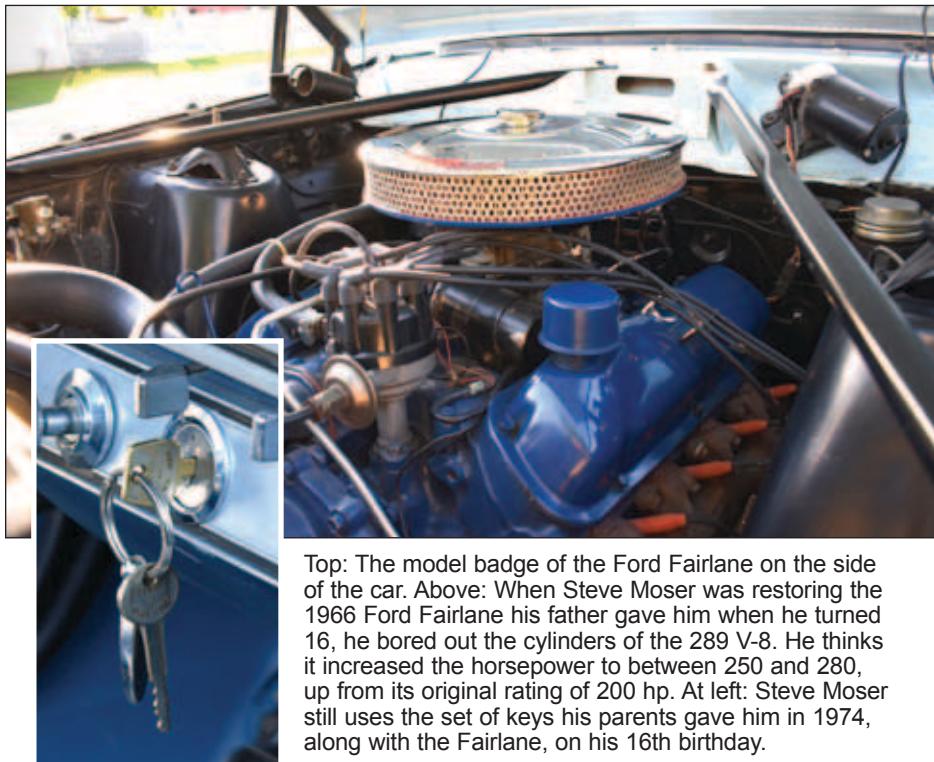


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Top: The model badge of the Ford Fairlane on the side of the car. Above: When Steve Moser was restoring the 1966 Ford Fairlane his father gave him when he turned 16, he bored out the cylinders of the 289 V-8. He thinks it increased the horsepower to between 250 and 280, up from its original rating of 200 hp. At left: Steve Moser still uses the set of keys his parents gave him in 1974, along with the Fairlane, on his 16th birthday.

out-of-the-way parking spot to another. No one drove it. The car deteriorated terribly. "The paint was falling off it," Steve Moser remembers. Meanwhile, his mother and father retired and divided their time between homes in northern Michigan and Florida. In 2006, his folks moved back to Decatur for good.

Steve Moser, now 62, knew it was time to restore the old Ford. Early on, his dad pitched in on the restoration, coming to his son's home every day to work on resurrecting the car. But Don Moser's health was declining, and gathering the strength to do the body work he'd loved for decades was coming harder and harder. Finally he told Steve Moser, "I just can't do it anymore."

His father moved into a nursing home in Decatur, and Steve Moser felt more urgency about finishing the car's restoration. He wrapped it up in time to show his father at the nursing home.

"They rolled him out, and he looked at it for about five minutes," Moser remembers. "Finally he said, 'That's a

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Photos by
Bob Taylor

Above: Steve Moser still takes the Fairlane out for a spin with his grandchildren once in a while. At right: When he finished restoring his 1966 Ford Fairlane, he painted this message on its tail. His father repaired the wrecked vehicle and gave it to him for his 16th birthday.

darn pretty car, isn't it? I always told you don't ever sell your first car."

His father died in 2008.

As finishing touches, Steve Moser bound together an old compass his dad used to carry in the woods when he hunted mushrooms and a pair of baby shoes that belonged to his son Josh, who died in an accident in 1993, when he was only 12 years old. The shoes and the compass hang from his rearview mirror.

And on the back of the car, in a much darker shade of blue that would have looked sweet on the kind of Camaro he wanted when he was a kid, he painted a message: THANKS DAD!

Do you have a story to tell or know someone who does? caylor.bob@gmail.com

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Sweet Stuff

BY KRISTI HILEMAN

The Pharos-Tribune

LOGANSFORT — He was known as a “numbers guy” for 55 years. Then, one fateful day, Logansport resident Clarence Kapraun turned his back on the infinite possibility of sums and found favor in letters. But it was only one letter, really. Specifically, the “Ms,” as he said.

“The Ms” are this retired math teacher’s name for his M&M collection.

What began approximately two decades ago with just a few pieces has multiplied into more than 3,000 figurines, watches, thermoses, bedsheets, pillowcases, table covers, blankets, salt and pepper shakers, nightlights and beyond.

He even has seven of the 3-foot tall,

Indiana man amasses 3,000 collectible candies

barrel-bodied characters that can be found in stores stuffed with the plain, peanut and other assortments of M&M candies.

“It got out of hand,” he chuckled, explaining how his fascination with the candy characters began.

About 20 years ago when Kapraun and his wife, Barbara, visited a friend in Florida, “he showed me that he had a collection of plastic peanut M&M characters. I thought it was cute.”

Upon returning home, Kapraun started searching for the characters at garage sales and auctions.

He even saw it as an opportunity to help others. For example, he said, there was a couple who came to his property after learning he collected the characters. “It was around Christmastime, and the couple needed money. He lost his

job.”

Kapraun bought the couple’s collection, which had been a three- to four-year project, for \$1,000. “It was all nice stuff,” he said, “but I didn’t really need it.”

What he saw, though, was that the couple did need his help. He gladly provided it, and as such, spring-boarded his newfound “career.”

Ever since, Kapraun has traveled throughout Indiana and to various states in search of anything to add to his vast array of characters. His assortment is overwhelming, from the Boyds Bears figurines wearing the M&M logo to the Bradford Mint/Department 56 galleria Christmas-lighted decorations cast in M&M fashion.

He even has his family helping him add to the collection.

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Clarence "Kap" Kapaun has a love for M&M's unlike anyone. Photos by Tony Walters

One of his daughters, Michelle, gave her father characters from Las Vegas, while his other daughter, Deborah, sent some pieces from her home-base of China.

His son and daughter-in-law, Gregory and Sue, provided the European selection with characters from England, Denmark and France.

"I do have some very unique items,"

Kapraun said, claiming that the Chinese ones are some of his favorites.

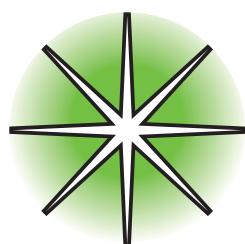
China "doesn't have all of the advertising possibilities that we do," so instead of seeing an M&M label on packaging, "a red character will have his hand out, holding half of an 'M' of candy." By being able to see what the "inside" of the candy looks like, people would know what they're buying.

Kapraun also admits to enjoying the multiples he has. While one character might still be in its box, another of the same character will be opened for use, which usually means playtime. After all, he said, many of the items are toys and should be available for children, but there are some meant for adults.

One example is his other go-to piece, which consists of three M&M characters that stand atop each other. When connected to the phone line and a telephone call is received, the characters light up and move. They even repeat "It's your phone. It might be the president calling."

Laughing at the telling of this story, Kapraun said it's the small things like this collection that have made him so

Continued on page 17



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DR. HOTT

Dealing with a shaky ticker

Q. What exactly is congestive heart failure?

If you have congestive heart failure (CHF) your heart can't pump enough blood. This condition develops over time. It is the number one reason people over age 65 go into the hospital.

Heart failure is most common in older people, and is more common in African-Americans. Men have a higher rate of heart failure than women. But, because women usually live longer, the condition affects more women in their 70s and 80s.

In normal hearts, veins bring oxygen-poor blood from the body to the right side of the heart. It is then pumped through the pulmonary artery to the lungs where it picks up oxygen. From there, the blood returns to the left side of the heart. Then it is pumped through a large artery called the aorta that distributes blood throughout the body.

Heart failure is caused by other diseases or conditions that damage the heart muscle. It is often caused by coronary



The Healthy Geezer

By Fred Cicetti

artery disease, including heart attacks. Diabetes and high blood pressure also contribute to heart failure.

Coronary artery disease is the leading cause of death in men and women. It happens when the arteries that supply blood to the heart become hardened and narrowed. People who have had a heart attack are at high risk to develop heart failure.

There are a number of things that you can do to reduce risk of coronary artery disease and heart failure. For starters, you should keep the following levels down: body weight, cholesterol, blood pressure, sugar, alcohol and salt. Exercise regularly. And, if you smoke, quit.

The most common symptoms of heart failure include shortness of breath, fatigue, and swelling, which usually oc-

curs in the ankles, feet and legs. Swelling is caused by fluid buildup in the body and can lead to weight gain, frequent urination and a cough.

Because the symptoms are common for other conditions, your doctor will determine if you have heart failure by doing a detailed medical history, an examination, and several tests.

Tests that are given to determine heart failure include an electrocardiogram (EKG), a chest X-ray, and a blood test for BNP, a hormone that increases in heart failure.

Tests that can identify the cause of heart failure include: an echocardiogram that uses sound waves; a Holter monitor, which is a small box that is worn for 24 hours to provide a continuous recording of heart rhythm during normal activity; an exercise stress test that reads your EKG and blood pressure before, during, or after exercise to see how your heart responds, and a coronary angiography, which is an X-ray of the heart's blood

Continued on page 32



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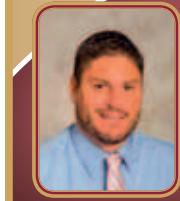
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Sweet stuff

Continued from page 15

happy after retiring.

And, that's exactly what Barbara wants for her husband. "It gives him something to do. I can't complain. I had a huge collection of decorative tin cans and salt and pepper shakers. We enjoy collecting. It'll be hard to part with, but we'll have to eventually," she said of the thousands of items collected between the couple.

Until that time comes, though, Kapraun is content to sell some of his characters and buy more of those he does not yet possess. He would even be willing to buy back his own characters — at least, that's what he told his daughter, Michelle.

"I took about a dozen to Michelle's garage sale in Fort Wayne. The next day, someone had made an offer to buy all of them. The woman told Michelle that she knew someone who had a large (two-car garage) collection and would like these," he said, adding that after a few more minutes of conversation, Michelle suddenly asked the woman where she was from.



This M&M box from the 1940s is one of Clarence Kapraun's oldest pieces.

Turned out, the woman was one of Kapraun's friends.

In the end, Michelle halted the transaction and told the woman who

she was. Chuckling at the memory, Kapraun admitted that "I would have bought them back from her."

*Story and photos courtesy of
The Pharos-Tribune, Logansport*

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Elegant Oliver Mansion typical of wealthy industrialists in late 1800s

BY ROD KING

To get an up-close and personal look at how rich people lived in the late 1800s and early 1900s, drive to South Bend and tour the Oliver Mansion. While you're in the neighborhood, have lunch at Tippecanoe House, the former home of the Studebakers. In fact, why not just spend the day and tour the Studebaker Museum too.

J.D. Oliver made his money manufacturing plows, the kind pulled by horses. His were more durable than the iron ones made by competitors thanks to a chilling process developed by his father, James. The company became the largest plow manufacturer in the world. The early versions cost \$6. When he died in 1932 he was the richest man in Indiana.

Built in 17 months between 1895

and 1896, the Romanesque Queen Anne style mansion is constructed of native Indiana granite field stones.

It sits on 2.5 acres that includes formal sunken gardens, a teahouse, pergola, tennis lawn and fountain at 808 West Washington St. They named the 38-room home "Copshaholm."

Unlike many historic mansions around the country that display furnishings from a specific period, Copshaholm is full of furniture and accents owned by the family. That's because members of the Oliver family resided in the house for 72 years. The house was never abandoned, suffered weather damage or vandalism. It was later given to the South Bend Historical Museum and is listed on the National Register of Historic Places.

Oliver didn't scrimp on the structure or its furnishings. The ceiling in the dining room, for instance, features five mahogany beams, the walls are covered with woven tapestries and the upper sashes of the bay windows are leaded glass. The 14 fireplaces were mainly for atmosphere because the building had central heat. Bookcases, which are

HOOSIER DAYTRIPS



The Romanesque Queen Ann-style 38-room Oliver mansion in South Bend was constructed of native Indiana granite field stones. It took 17 months to build between 1895 and 1896. (Photos by Rod King)

full of J.D.'s original books, match the curve of the exterior wall and the oak floors feature a parquet border. Much of the furniture in the house was chosen by the Olivers on a trip to Europe in 1899.



J.D. Oliver made his fortune manufacturing plows. His plows were more durable than his competitors, thanks to a chilling process developed by his father, James. When J.D. died in 1932 he was the richest man in Indiana.

A polished wood floor, high ceiling and plaster relief give Oliver's personal study on the first floor a decidedly English feel. His original "partners desk" dominates the room and the sterling silver plaque by Tiffany & Company on the back of the chair is engraved with his name.

Perhaps the most interesting feature of the large kitchen is the 10-door refrigerator which was originally the home's icebox. During the 1930s the kitchen was remodeled. Stainless steel countertops were installed along with Art Deco light fixtures. Mrs. Oliver met regularly here with the butler to discuss dinner menus and upcoming parties. They employed a staff of 15.

Guests arriving for gatherings at Copshaholm came in the house from the covered portico and porch into a small reception area. Instead of walking directly into the main room, they took a short set of steps at the side of the room and entered half-way up the elegant staircase so they could be properly announced to party guests while making a grand entrance down the stairs.

The mansion is open Monday through Saturday from 10 a.m. to 5 p.m. and Sundays from noon to 5 p.m. Tickets for an hour-and-a-half tour can be purchased in the Historical Museum behind the house. Adult tickets are \$10, seniors \$8.50 and youths \$6.

The writer, a Fort Wayne resident, may be reached at natrod2002@yahoo.com



Elegant mahogany entry leads to the staircase to the second floor bedrooms in the left photo above. Unlike many mansions around the country the Oliver mansion was occupied by members of the family a total of 72 years. It was never abandoned or subject to vandalism. It's now owned by the South Bend Historical Museum and is listed on the National Register of Historic Places. At right, the large, expandable dining table is set as it would have been for special dinners. All of the furnishings are original to the house. Much of the furniture was chosen by the J.D. and his wife on a European trip in 1899.

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Rustic ice cream shop just part of the appeal at old sawmill

BY TANYA ISCH CAYLOR

We'd heard about this ice cream shop in an old sawmill near the Salamonie Reservoir, but when I Googled those search terms I came up empty.

Turns out that's because ice cream is only part of the repertoire at Rustic River Outfitters at the Ole Saw-mill, whose name our sources couldn't recall.

In addition to booking kayak and canoe trips down the Salamonie and Wabash rivers, the refurbished 19th century



Hoosier Fun

Rustic River Outfitters has refurbished an old sawmill in Mt. Etna and turned it into a bar, ice cream shop and a base for kayak excursions on the Salamonie River and Reservoir. (Photos by Bob Taylor)



buildings on a 3-acre site in Mount Etna also house a bar and reception center serving Hoosier wines and craft beers.

All we really had in mind was a modest destination drive, and this Huntington County landmark, about 20 miles west of Bluffton on Ind. 124, fit the bill. Once we learned that Rustic River also serves food once a week, 4-8 p.m. on Saturdays, we decided to time our visit to

coincide with dinner.

The day we went, they were serving three kinds of tacos: carne adovada-style pork with pickled onions and cilantro, Cajun shrimp w/pepper slaw, and Korean beef with kimchi and Korean chili mayonnaise. Chips and two kinds of salsa were available for an extra \$3.

We marked our choices on a menu sheet and listed a cell phone number as

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Rustic River Outfitters in Mt. Etna offers ice cream, wine and craft beer Wednesday through Sunday and a limited food menu on Saturdays 4-8 p.m. On this night, gourmet mini tacos — beef, pork or Cajun shrimp — were on the menu.

instructed — you don't necessarily know when you place your order whether you'll decide to sit in the bar, at the picnic tables in the large open center of the sawmill, or out back.

There were similar order slips for beer and wine. I chose the Hoosier Red from the craft beer list. My husband, who doesn't drink, was disappointed he couldn't order a Diet Coke. Uninterested in craft soda, he settled for bottled water.

We had a look around, then chose a table out back, under a building that probably once served some sawmill-related purpose but now effectively functions as an extremely long freestanding porch.

Our tacos were smaller than expected but tasty. I figured the pepper slaw with my Cajun shrimp tacos would come on the side, but it was nestled inside. Two mini tacos felt more like an appetizer than dinner, but since we were planning to get ice cream later we were satisfied.

After a while my husband wandered off to shoot some photographs, while I went back in for a sampler flight of wine. There were 10 to choose from; you get to pick four. I started with a pinot gris, which I hadn't realized was white. It was in the top slot in the driest-to-sweetest

order, and it's not one I'd order again — but then I don't much care for white wine. The reds in the No. 2 and No. 3 slots were much better. I finished out my flight with Bourbon Barrel Blackberry, which could have functioned as dessert if I wasn't planning on ice cream. The only sweeter wines on the list were Strawberry and Spiced Apple, which comes warm or chilled.

I leisurely sipped while watching staff unload rainbow-colored kayaks from a mini school bus and trailer, apparently just returned from a trip down the river. In a summer mostly devoid of the usual summertime experiences, it was nice to be reminded that such fun could still be had.

The owner, Kevin Smith, wandered from table to table. He said he started Rustic River as a watersports rental business in 2018, then added the ice cream shop and bar last fall. They had just added catered dinners, parties and receptions when the coronavirus came along.

Smith said he hopes to get back into larger gatherings this fall. He also has plans for four recently purchased acres that link the sawmill property to the

Continued on page 32



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Above, tables also are available at a long, open shelter behind the main building. At right, employees at Rustic River Outfitters clean kayaks after customers took them out on the Salamonie River. Trips down the Wabash, starting from Forks of the Wabash in Huntington County, are also available. For more information, go to rusticriveroutfitters.com or call 260-228-1909.



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5 Questions to ask when planning for long-term care

You may not want to consider a time when you might not be able to fully take care of yourself, but the reality is there is almost a 70 percent chance someone turning 65 today will need some type of long-term care service and support in his or her lifetime, according to the U.S. Department of Health and Human Services.

Even if you've worked hard to save for retirement and create the financial security you want in the future, the need for long-term care could throw a wrench into even the most well-thought-out plans and impact you and your loved ones' finances.

Consider these questions as you begin the long-term care planning process.

What is long-term care?

Different from traditional medical care that treats illnesses and injuries, long-term care includes services designed to help you maintain your quality of life and perform everyday activities even if age, illness, injury or a severe cognitive impairment make it a challenge to take care of yourself for an extended period of time. Long-term care services help with common daily functions including dressing, bathing and eating, and even skilled nursing services such as giving medication.

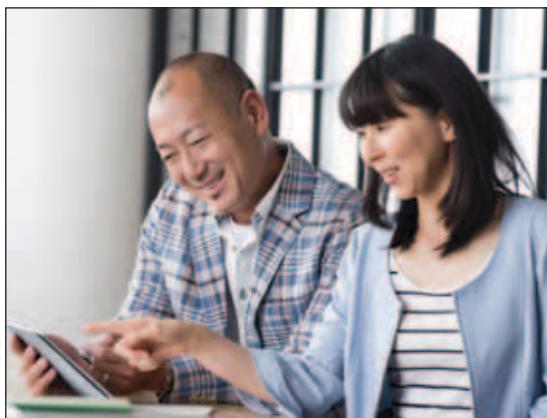
When should you start thinking about long-term care planning?

Because you never know when a need for care may arise, planning for care when you are younger and healthier can provide additional options as you're more likely to qualify for coverage. Plus, cost is based on your age when you apply, so waiting can end up costing you more. Some people are beginning to plan as early as in their 40s.

How much does long-term care cost?

Long-term care costs vary depending on where you live, the type of care provided and the setting. Home-care services average \$24-\$135 per hour, according to the New York Life Cost of Care Survey, while private rooms in nursing homes can cost more than \$100,000 a year.

Long-term care is generally not covered by health insurance, and government programs like Medicare or Medicaid have limitations, which often isn't discovered until care is needed.



However, New York Life offers long-term care options to AARP members and provides specially trained agents who can provide guidance. The agents can work with you and your family to create a customized plan based on your financial goals, helping protect your assets should you ever require long-term care.

Where is care provided?

Long-term care can be provided in a variety of settings, including at home,

in an assisted-living facility or in a nursing home depending on the amount and type of care needed. In fact, some insurance plans cover care on a part-time basis by a family member or home health worker. Planning ahead can allow for more control over how and where you receive care.

How much coverage do you need?

The amount of coverage you need typically varies based on several considerations including budget, age, the type of care expected and how much of your assets and income you may be willing to use to offset the care costs. You don't have to cover your entire risk - choosing a modest amount of coverage can still provide benefits and help protect other assets.

While planning for long-term care can seem daunting, you can find more benefits and information to make the process easier at aarp.org/benefits.

(Family Features)

Source: AARP Services, Inc.

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Ready, set ...

Jack Shoaf, left, and Doug Bauman, laugh and crouch as they get set to start the smallest-ever Swiss Days race. At right is longtime participant

Barry Humble, who organized this year's informal race held on Saturday, July 25. See story on page 3. (Photo by Bob Caylor)



Ice cream trail serves up treats

Continued from page 6

the nearby giant Tulip Trestle, which is the longest railroad viaduct in Indiana.

On the way back from Lexington, Kentucky, where K.J. lives, they visited Stephenson's General Store in Leavenworth.

"It's near the Overlook Restaurant. I'd never been there, and we sat and watched the barges go by on the Ohio River while we ate our ice cream," Sowders said.

"I'm sure their goal was to increase tourism and we've done that," he said with a laugh.

Remy Schickles, owner of the Dairy Bell on East Ind. 60 in Mitchell, said the trail has been good exposure.

"One day a group of five people came together who were doing the trail," she said. "It's a good idea and good for business."

Parker said one nice feature of the trail is people can complete it at their own pace. The trail will run through the end of the year.

"As popular as it is, we'll do it again next summer and change up the shirts," Parker said.

Sowders and K.J. expect to finish the trail soon. They are planning a trip to Holiday World and will stop at two

places in Dubois County — Zax Creamery in Jasper and Windmill Chill in Holland — and the Superburger in Paoli.

Parker said most of the completed passports are from southern Indiana residents but the trail is picking up followers outside the Radius region with passports coming in from Bloomington, Ellettsville, Louisville and Illinois.

Parker said idea for the trail came about because of a grant that targeted projects that connected communities. The grant never materialized, but the Radius board loved the Ice Cream Trail concept and decided to fund it on its own. She modeled the passports on a successful doughnut trail in Ohio.

Sowders said whether you've lived in the area for years or are just here to explore, the Ice Cream Trail is a great way to see some hidden gems.

"Southern Indiana has a lot to offer and I don't think we realize how much we have to offer and how beautiful the area is," he said. "The stops on the trail are short trips and are a great way to get out and enjoy our area, and the people you meet are nice, too."

And one more thing, he said. "There's no such thing as bad ice cream."

Story and photo courtesy of
The Times-Mail, Bedford

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Jessica Ellenger Dubfeld 2014

Can't travel?

Continued from page 4

to buy the "best" policy for her late-December trip to Aruba.

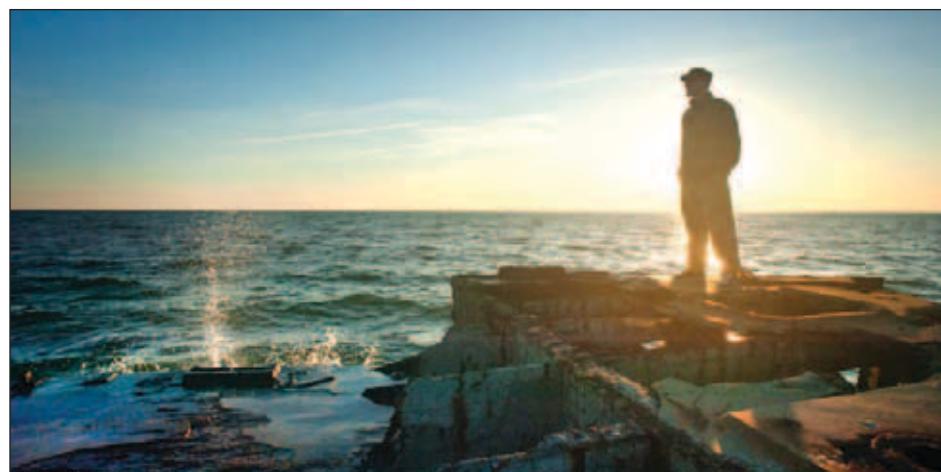
"We know things can happen," she says. And Aruba, for all its natural beauty, has a health care system that makes her a little nervous. She says guests with medical issues may get flown elsewhere, depending on the issues. So she's not taking any chances.

So what happens now?

There's also the uncertainty of the future. It was particularly difficult for Ian Marcus, who was scheduled to travel to Greece for his honeymoon in May. Marcus, a real estate appraiser from Rochester, Michigan, decided to reschedule his vacation for next May.

"But now we have to plan with the knowledge that it could get canceled again, or that there might not be as many attractions or restaurant options available," he says.

That's a valid concern. When a country goes on lockdown, all bets are off. Everything could be open one day, and then the next day, everything's on lockdown. That's life during the pandemic,



and you'd better get used to it.

Fortunately, travel companies have remained flexible with their refund and change policies as the outbreak lingers. That gives travelers planning an upcoming trip a little peace of mind.

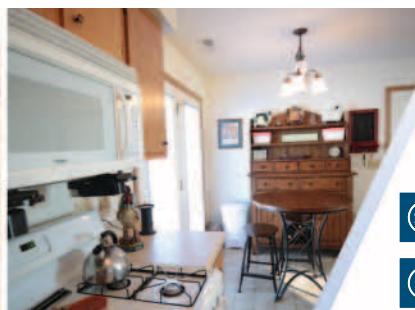
"Luckily, airlines have been honoring their policies about canceling trips and not charging customers extra to do so," says Andre Boyer, a filmmaker based in Los Angeles. He also plans to visit Maui, Hawaii, this year and wants to visit Europe with his girlfriend as soon as it's allowed.

Be careful out there

It's OK to dream about your next vacation. But here's the reality: Travel in the second half of 2020 is fraught with as much peril as opportunity. Some trips will be cheaper, but they're also riskier. Plan them with care. And remember, the safest trip may be the one you don't take.

Christopher Elliott's latest book is "How To Be The World's Smartest Traveler" (National Geographic). This column originally appeared in the Washington Post.

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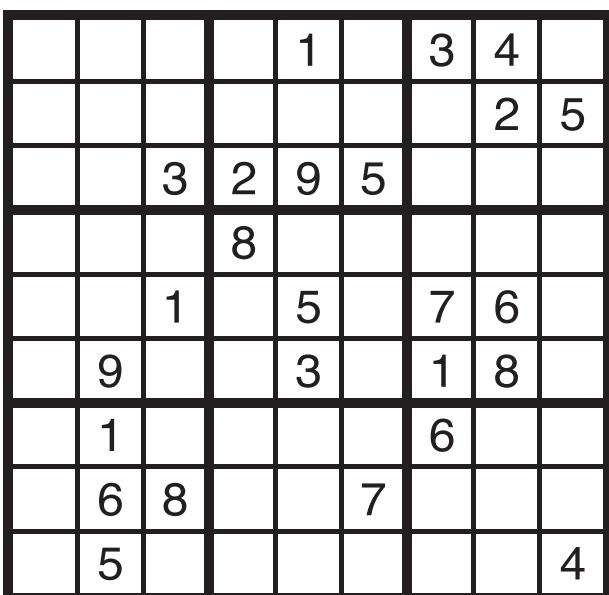
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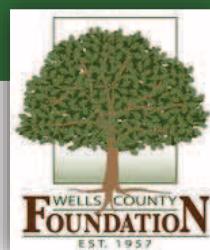


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Slow-cooked pork with homemade applesauce

This is a hearty meal for a brisk fall evening. Once you've gathered the ingredients in your slow cooker, sit back and let the mouthwatering scent of cooked apples waft through the air.

Start to finish: 8 hours and 30 minutes (30 minutes active)

Servings: 4

Ingredients

- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 pork shoulder, about 2 pounds
- 1 onion, minced
- 2 Cortland apples, peeled, cored and cut into wedges
- 1/2 cup white wine
- 1/2 cup chicken broth
- 2 tablespoons maple syrup
- 2 tablespoons Dijon mustard
- 1 teaspoon dried thyme
- 1 bay leaf
- Salt and pepper, to taste
- 1/3 cup heavy cream
- 1 green onion, minced

Fall Recipes

Directions

In a large pan, melt the butter. Evenly coat the pork in flour and brown it in the pan on all sides.

Place the meat in the slow cooker and surround it with the onion and apples. Add the wine, chicken broth, maple syrup, mustard, thyme and bay leaf. Salt and pepper generously. Set the slow cooker to low heat for 8 hours.

Remove the pork and place it in a large bowl. Pour the remaining contents of the slow cooker into a small pot and bring the mixture to a boil. Lower the heat and let it simmer until the sauce is



reduced by half.

Add the cream to the sauce. Use a fork or hand blender to puree the apples until the sauce has the consistency of applesauce. Add salt and pepper to taste.

Use two forks to shred the pork into bite-size pieces. To serve, pour the sauce over the meat and garnish with green onions.

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A sweet and savory Halloween treat

Save the tricks for another time; this Halloween is all about the treats. Halloween parties are par for the course, and spooktacular hosts and hostesses want to serve their guests something special. Enter a dessert hybrid that layers various flavors to create a masterpiece that simply works.

This recipe for "Grilled Chocolate Chip Cookie Bacon S'mores," courtesy of the National Pork Board and Tiffany Edwards of Le Crème de la Crumb, is the Frankenstein's monster of the dessert world. You'd be hard-pressed to find a person who can pass up the salty swagger of smoked bacon paired with the creamy richness of chocolate and the crunch and sweetness of a chocolate chip cookie. Top it with marshmallow and this Halloween treat is alive with flavor!

Grilled Chocolate Chip Cookie Bacon S'mores

Yields 12

12 thick-cut slices bacon (hickory smoked, Applewood smoked or

- maple)
- 12 large marshmallows
- 12 2-inch squares chocolate good quality
- 12 skewers
- 12 tablespoons butter, softened
- 3/4 cup brown sugar
- 1/4 cup sugar
- 2 teaspoons vanilla
- 1 egg plus 1 egg yolk
- 2 cups flour
- 1 3.4-ounce box instant French vanilla pudding mix, dry, not prepared
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups semi-sweet chocolate chips

Make the cookies: In a bowl, cream together butter, sugar and brown sugar for 1 to 2 minutes until light and very fluffy. Add vanilla, egg and egg yolk, and mix well. In a separate bowl, whisk together flour, pudding mix, baking soda, and salt.

Add dry ingredients to wet ingredients and mix until incorporated and dough comes together. Stir in chocolate chips.

Cover very tightly and chill for at least 1 hour.

Preheat oven to 350 F. Roll dough into balls (about 1 1/2 inch) and space 2 to 3 inches apart on a baking sheet. Bake for 10 to 12 minutes, until lightly browned on top. Allow to cool 5 to 10 minutes on baking sheet before transferring to a cooling rack to cool completely.

To grill the bacon: Heat a grill to medium-high heat. Thread bacon onto skewers in an S-shape. Place skewers directly on grill and cook 8 to 12 minutes, rotating as needed to ensure even cooking. Transfer to a plate, let cool and then remove bacon from skewers. Set aside.

Meanwhile, roast the marshmallows: Roast marshmallows directly over the grill using skewers or roasting sticks until cooked to your preference.

Assemble s'mores: Flip one cookie over so it's upside down. Place a square of chocolate on top of the upside-down cookie, then top with grilled marshmallow, bacon and a right side-up second cookie. Serve immediately. TF18A384

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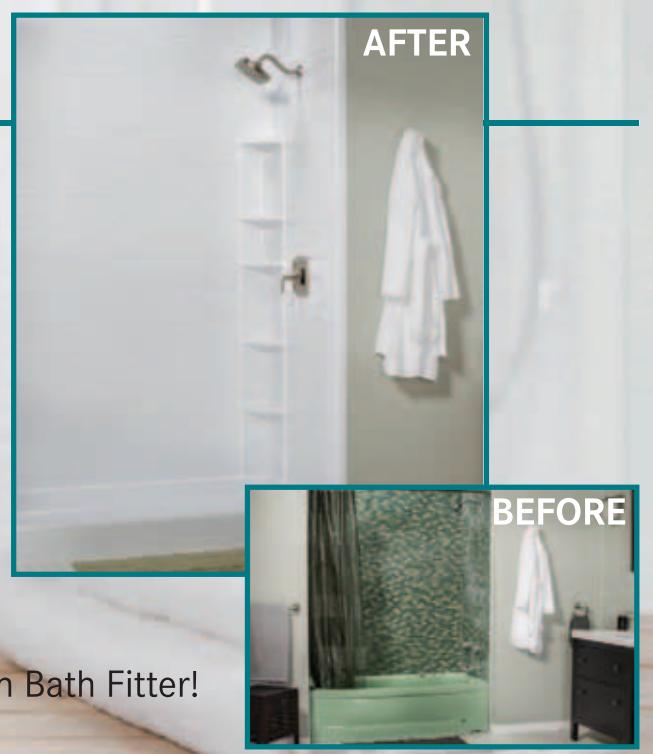
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INDEX TO ADVERTISERS

Arnold Lumber	25
Bath Fitter	131
Biggs Rental Properties	28
Bluffton PH&E	26
Bluffton Roofing	26
Bluffton Woods/Silo Farms	29
Capri II Apartments	30
Carter Hearing Clinic	19
Christian Care Retirement Com	Inside Back
Community Markets	12
Dale, Huffman & Babcock Attorneys	2
Daniel's Jewelers	5
Decatur Dental Services	16
Edward Jones	11
Ellenberger Bros. Auctioneers	27
Family Ford of Bluffton	7
General Insurance Agency	24
Gersh's Carpet Cleaning	23
Goodwin-Cale & Harnish Mem. Chapel	23
Heritage Pointe of Warren	22
Hiday Motors Service	26
HomeCourt Home Care	20
Hott Family Dentistry	15
InTrac Relay Indiana	30
Jerry Flack & Associates	Back Cover
Kintz Insurance	4
La Fontaine Center	Inside Front
Milli's Restaurant	9
Moser & Sons Heating/AC	27
Myers Funeral Home	26
Oak Lawn Cemetery	7
Ossian Health Communities	21
Raymond James Financial Services	6
Reynolds Chiropractic	27
Richard's Restaurants	9
River Terrace Estates	14
Signature Health Care	17
State Farm - Erin Daugherty	29
State Health Insurance Program	11
Steffen Financial Group	26
Steffen Group - Real Estate & Auction	13
Swiss Village Retirement Community	5
The Mattress & Furniture Store	19
Trusted Solutions Group	1
Two Brothers Generators	25
Visiting Nurse	32
Wells County Foundation	29
West End Restaurant	9
Zwick & Jahn Funeral Homes	7

Solution to puzzle on page 29

5	2	9	6	1	8	3	4	7
1	8	6	4	7	3	9	2	5
4	7	3	2	9	5	8	1	6
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3	1	4	5	2	9	6	7	8
2	6	8	3	4	7	5	9	1
9	5	7	1	8	6	2	3	4

Hoosier Fun

Continued from page 22

reservoir waterfront: a rope bridge, cottages, a full-service restaurant and bourbon bar.

"It's a destination," he said. "We had people here from Chicago today."

Finally we were ready to try that ice cream.

"Where does this come from?" I asked the college kid behind the counter.

Given that the beer and wine are regionally sourced — Quaff On! Brewery and Huber Winery are both in southern

Indiana — I figured the ice cream might be as well.

It turned out to be Velvet brand, based in Indianapolis. I was initially disappointed, as Velvet is something we're used to seeing at the grocery store. But the Kentucky Praline Pecan we tried was fantastic.

Then again, hand-dipped ice cream rarely disappoints, especially served up in such a rustic setting. Bet it tastes even better after an afternoon of kayaking.

Maybe next time.

The writer, a Wells County resident, can be reached at tischcaylor@gmail.com

Healthy Geezer

Continued from page 16

vessels

There is no cure for heart failure, but it can be controlled.

People with CHF are usually put on a low-salt diet to prevent fluid build-up. Their doctors may also tell them to lose weight, quit smoking, and reduce alcohol intake.

Medications that are used include: diuretics, "water pills" to reduce fluid; ACE inhibitors to lower blood pressure

and reduce heart stress; beta-blockers to slow your heart rate and lower blood pressure; Digoxin to help the heart beat stronger, and anticoagulants (such as warfarin) that help prevent blood clots.

People with severe heart failure may also be given a mechanical heart pump. A heart transplant is an option when all other treatments fail to control symptoms.

If you would like to ask a question, write to fred@healthygeezer.com.

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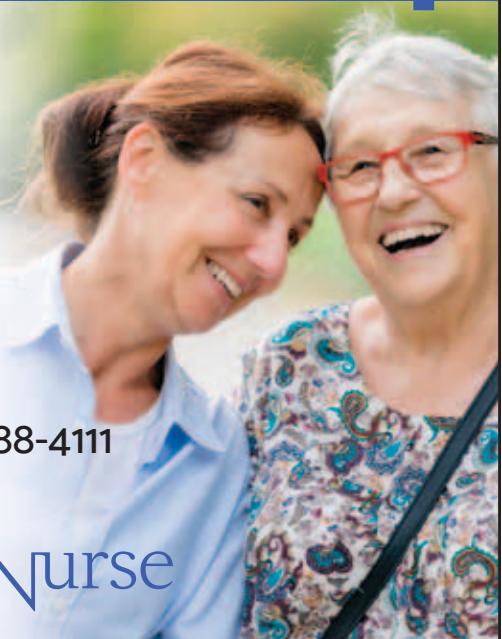
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